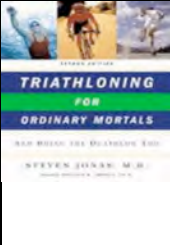


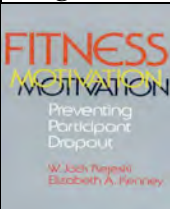
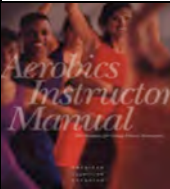
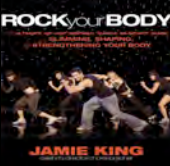



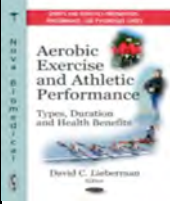





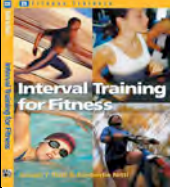
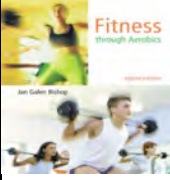
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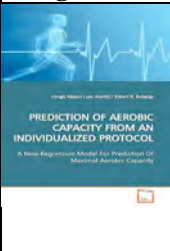

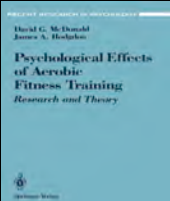

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1		Triathloning for Ordinary Mortals : And Doing the Duathlon Too	Jonas, Steven	Norton & Company Limited, W. W.	9780393328776	1	£11.51	£11.51
2		Optimum Fitness : How to Use Your Muscles as Peripheral Hearts to Achieve Optimum Muscular and Aerobic Fitness	Miller, George H., Jr.	Xlibris Corporation	9781401002633	1	£13.95	£13.95
3	BOOK COVER NOT AVAILABLE 	Traditional Aerobics	Bricker, Kathryn	American Council on Exercise	9781890720087	1	£9.59	£9.59

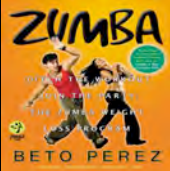



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4		Fitness Motivation : Preventing Participant Dropout	Rejeski, W. Jack	Human Kinetics Publishers	9780873229289	1	£17.96	£17.96
5		Ace Aerobics Instructor Manual : The Resource for Fitness Professionals	Anonymous	American Council on Exercise	9780961816131	1	£25.62	£25.62
6		Rock Your Body	King, Jamie	Rodale Books	9781405099929	1	£13.69	£13.69
7		Resurrection Aerobics the Christian Based Sex Aerobics	Easter, Ethel L.	Xulon Press, Incorporated	9781606478813	1	£9.61	£9.61

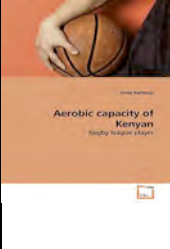


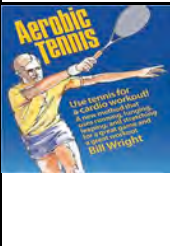
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8		Step Aerobics	Bonelli, Sabra	American Council on Exercise	9781890720025	1	£9.59	£9.59
9		Aerobic Training	Hausbei, Birgit	Meyer & Meyer Sport, Limited	9781841260211	1	£13.72	£13.72
10		Aerobic Exercise and Athletic Performance: Types, Duration and Health Benefits	Anonymous	Nova Science Publishers, Incorporated	9781608762170	1	£125.05	£125.05
11		Dance : Get Real Results Anytime, Anywhere	Bosler, Caron	Dorling Kindersley	9781405332156	1	£14.69	£14.69



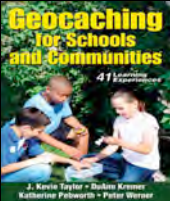
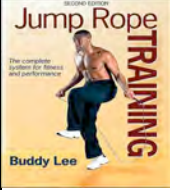
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12	BOOK COVER NOT AVAILABLE 	Aerobic Weight Training	Sobey, Edwin J. C.	Alpha Books	9780024994905	1	£6.38	£6.38
13		Precision Heart Rate Training	Anonymous	Human Kinetics Publishers	9780880117708	1	£12.79	£12.79
14		Interval Training for Fitness	Nitti, Joseph T.	A & C Black	9780713663822	1	£16.85	£16.85
15		Fitness Through Aerobics	Bishop, Jan Galen	Pearson Education, Limited	9780321678287	1	£35.01	£35.01

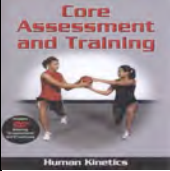
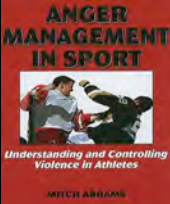
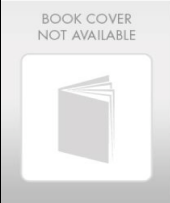
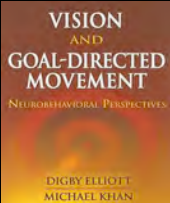
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16		Get on It! : BOSU Balance Trainer Workouts for Core Strength and a Super Toned Body	Craig, Colleen	Ulysses Press	9781569755891	1	£10.04	£10.04
17		Studio Cycling	Kiddle, Rick	A & C Black	9780713664621	1	£20.01	£20.01
18		The Bottom Line : Your Fastest Way to a Sexy Butt!!	Kennedy, Robert	Kennedy Publishing, Robert	9781552100226	1	£8.30	£8.30
19		Step Aerobics : For Schools, Clubs and Studios	Pahmeier, Iris	Meyer & Meyer Sport, Limited	9781841260259	1	£11.51	£11.51

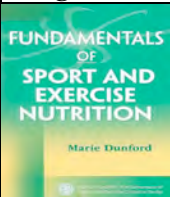

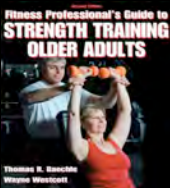
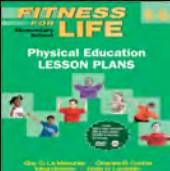
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20		Prediction of Aerobic Capacity from an Individualized Protocol	Akalan, Cengiz	VDM Verlag Dr. Mueller e.K.	9783639173017	1	£52.59	£52.59
21		The Bed Aerobics Fitness Flow : A Woman's Daily Fitness System for Physical, Mental and Spiritual Conditioning	Maat, Monifa	Xlibris Corporation	9781441542786	1	£13.95	£13.95
22		Psychological Effects of Aerobic Fitness Training : Research and Theory	McDonald, D. G.	Springer	9780387976037	1	£72.70	£72.70
23		The Interval Training Workout : Build Muscle and Burn Fat with Anaerobic Exercise	Nitti, Joseph T.	Hunter House, Incorporated	9780897933278	1	£11.51	£11.51

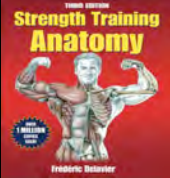


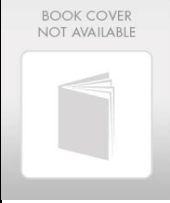
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24		Zumba : Ditch the Workout, Join the Party! - The Zumba Weight Loss Program	Perez, Beto	Grand Central Publishing	9780446546126	1	£16.03	£16.03
25		Aqua Aerobics : A Scientific Approach	Kinder, Thomas	Bowers Publishing Company, Incorporated, Eddie	9780945483205	1	£14.37	£14.37
26		Fitness Illustrated	Sharkey, Brian J.	Human Kinetics Publishers	9780736081580	1	£14.08	£14.08
27		Aerobic Granulation with Support Medi	Bui Xuan, Thanh	Lambert Academic Publishing	9783838388694	1	£43.42	£43.42

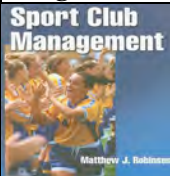
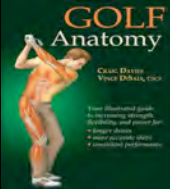
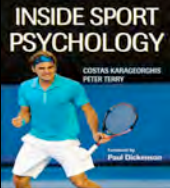
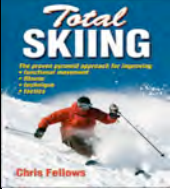
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28		Aerobic Capacity of Kenyan	Kamenju, Janet	VDM Verlag Dr. Mueller e.K.	9783639243895	1	£42.33	£42.33
29		15-Minute Energizing Workout	Dorling Kindersley Publishing Staff	Dorling Kindersley Publishing, Incorporated	9780756674663	1	£12.79	£12.79
30		Fitness!	Mazzeo, Karen S.	Brooks/Cole	9780840048097	1	£20.85	£20.85
31		Aerobic Tennis : Use Tennis for a Cardio Workout!	Wright, Bill	Shelter Publications, Incorporated	9780936070506	1	£10.87	£10.87


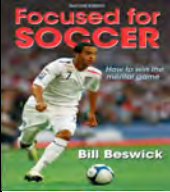


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32		Comparison of Ecg Responses to Graded Treadmill Test	Kumar, Harish	VDM Verlag Dr. Mueller e.K.	9783639251371	1	£43.12	£43.12
33		Heart Education with Web Resource : Strategies, Lessons, Science, and Technology for Cardiovascular Fitness	Swaim, Deve	Human Kinetics Publishers	9781450401845	1	£27.13	£27.13
34		Geocaching for Schools and Communities	Taylor, J. Kevin, Kremer, DuAnn, Werner, Peter	Human Kinetics Publishers	9780736083317	1	£16.03	£16.03
35		Jump Rope Training	Lee, Buddy	Human Kinetics Publishers	9780736081597	1	£13.76	£13.76

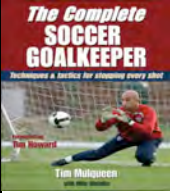

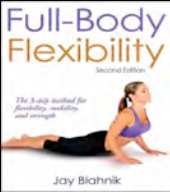
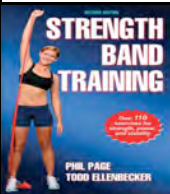
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36		Core Assessment and Training	Human Kinetics	Human Kinetics Publishers	9780736073844	1	£28.22	£28.22
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38		Exercise and Wellness for Older Adults : Practical Programming Strategies	Van Norman, Kay A.	Human Kinetics Publishers	9780736057684	1	£28.22	£28.22
39		Vision and Goal-Directed Movement : Neurobehavioral Perspectives	Elliott, Digby	Human Kinetics Publishers	9780736074759	1	£45.53	£45.53

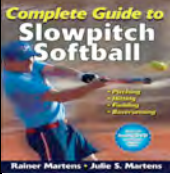



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40		Fundamentals of Sport and Exercise Nutrition	Dunford, Marie	Human Kinetics Publishers	9780736076319	1	£19.88	£19.88
41		Dance Units for Middle School	Fey, Judi	Human Kinetics Publishers	9780736083676	1	£58.24	£58.24
42		Fitness Professional's Guide to Strength Training Older Adults	Westcott, Wayne L.	Human Kinetics Publishers	9780736075817	1	£23.09	£23.09
43		Fitness for Life : Elementary School Physical Education Lesson Plans	Le Masurier, Guy C., Corbin, Charles, Lambdin, Dolly	Human Kinetics Publishers	9780736087193	1	£191.75	£191.75


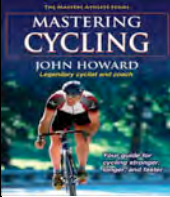

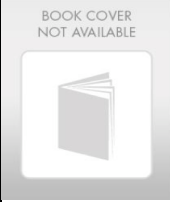
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44		Strength Training Anatomy	Delavier, Frederic	Human Kinetics Publishers	9780736092265	1	£14.48	£14.48
45		Coaching Youth Cricket	Pont, Ian	Human Kinetics Publishers	9780736083706	1	£12.79	£12.79
46		Smart Cycling : Promoting Safety, Fun, Fitness, and the Environment	League of American Bicyclists	Human Kinetics Publishers	9780736087179	1	£18.60	£18.60
47		Cycling Fast EBook	Panzer, Robert	Human Kinetics Publishers	9780736089708	1	£12.79	£12.79

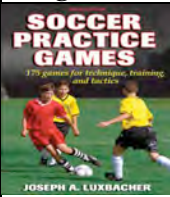
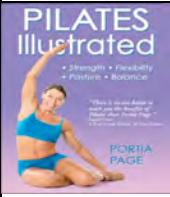
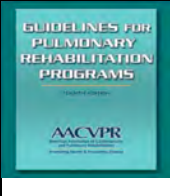
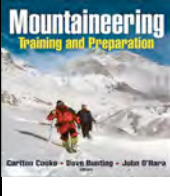
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49		Golf Anatomy	Davies, Craig	Human Kinetics Publishers	9780736084345	1	£12.79	£12.79
50		Inside Sport Psychology	Karageorghis, Costas	Human Kinetics Publishers	9780736033299	1	£18.31	£18.31
51		Total Skiing	Fellows, Chris	Human Kinetics Publishers	9780736083652	1	£17.65	£17.65

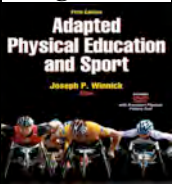
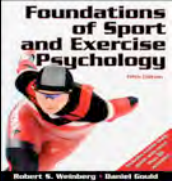
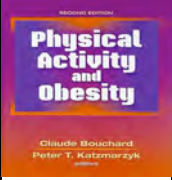
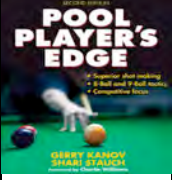
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52	BOOK COVER NOT AVAILABLE 	Wheelchair Sport : A Complete Guide for Athletes, Coaches, and Teachers	Anonymous	Human Kinetics Publishers	9780736086769	1	£20.52	£20.52
53		Focused for Soccer	Beswick, Bill	Human Kinetics Publishers	9780736084116	1	£15.88	£15.88
54		Fitness for Life Elementary School Program Package	Corbin, Charles, Le Masurier, Guy, Greiner, Meg	Human Kinetics Publishers	9780736083874	1	£513.68	£513.68
55		Research Methods in Physical Activity	Thomas, Jerry	Human Kinetics Publishers	9780736089395	1	£56.43	£56.43

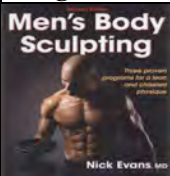


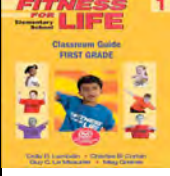
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59		Strength Band Training	Page, Phillip	Human Kinetics Publishers	9780736090377	1	£13.44	£13.44

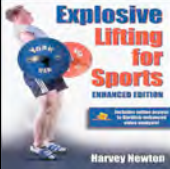
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60		Complete Guide to Slowpitch Softball	Martens, Rainer	Human Kinetics Publishers	9780736094061	1	£20.68	£20.68
61		Performance-Based Assessment for Middle and High School Physical Education	Lund, Jacalyn Lea	Human Kinetics Publishers	9780736083607	1	£26.93	£26.93
62		Fitness for Life : Elementary School Guide for Wellness Coordinators	Corbin, Charles B., Greiner, Meg, Le Masurier, Guy	Human Kinetics Publishers	9780736087186	1	£25.01	£25.01
63		Fitness for Life : Elementary School Classroom Guide - Kindergarten	Lambdin, Dolly, Corbin, Charles, Le Masurier, Guy	Human Kinetics Publishers	9780736086004	1	£31.42	£31.42

Item No.	Image	Title	Author	Publisher	ISBN No.	Quantity	Unit Price	Total
64		Fitness for Life : Elementary School Classroom Guide	Lambdin, Dolly, Corbin, Charles, Le Masurier, Guy	Human Kinetics Publishers	9780736086035	1	£31.42	£31.42
65		Mastering Cycling	Howard, John	Human Kinetics Publishers	9780736086776	1	£13.76	£13.76
66		Schoolwide Physical Activity	Rink, Judith E.	Human Kinetics Publishers	9780736080606	1	£33.35	£33.35
67		Fundamentals of Motor Behavior	Fairbrother, Jeffrey T.	Human Kinetics Publishers	9780736077149	1	£19.88	£19.88

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68		Soccer Practice Games	Luxbacher, Joseph A.	Human Kinetics Publishers	9780736083669	1	£12.46	£12.46
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70		Guidelines for Pulmonary Rehabilitation Programs	Anonymous	Human Kinetics Publishers	9780736096539	1	£39.12	£39.12
71		Mountaineering : Training and Preparation	Anonymous	Human Kinetics Publishers	9780736084697	1	£20.11	£20.11

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72		Adapted Physical Education and Sport	Anonymous	Human Kinetics Publishers	9780736089180	1	£60.92	£60.92
73		Foundations of Sport and Exercise Psychology	Weinberg, Robert S.	Human Kinetics Publishers	9780736083232	1	£52.90	£52.90
74		Physical Activity and Obesity	Bouchard, Claude	Human Kinetics Publishers	9780736076357	1	£51.95	£51.95
75		Pool Player's Edge	Kanov, Gerry	Human Kinetics Publishers	9780736087254	1	£13.76	£13.76

Item No.	Image	Title	Author	Publisher	ISBN No.	Quantity	Unit Price	Total
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